

# Adult Fitness Classes

## Tanya Gets You Fit

Tanya Gets You Fit classes are held Monday-Thursday at the Town Hall Auditorium. She offers a variety of classes, so there is sure to be one to fit your needs! Her classes are upbeat and will keep you motivated the entire time and wanting to come back for more! The cost is \$5 per class and punch cards can be purchased in quantities of 5 (\$25), 10 (\$50) and 20 (\$100). These punch cards are purchased from Tanya at the classes.

The classes she offers are as follows: Total Body Blast, Cardio Kick, Core Power, RIP Strength & PiYo.

### Total Body Blast

A client favorite! Total Body Blast is a total body workout that will challenge all major muscle groups by using cardio, strength, endurance, power & flexibility. You will be using dumbbells, tubing, stability balls & gliding disks in this class.

### Cardio Kick

Cardio kick is a cardiovascular workout using kicks, punches and combinations to elevate heart rate and strengthen all major muscle groups. You will be fighting off calories while pumping up your body!

### Core Power

What body part do 90% of clients want to work?! Their CORE! Your core is made up of your abs, back and hips! This is a class that will target the hardest area to lose body fat. We will use stability balls, gliding disk & more to really target the hard to reach areas of your body!

### PiYo

Make a Power Move. Now you have the power to define every single inch of your body. Experience why strong is super-sexy in this pulse-pounding, body-sculpting workout! No weights. Just hardcore results. Ready to get drenched in strength?!

### RIP Strength

The use of barbell, weighted plates or dumbbells will be used for this class. You will be instructed through all major muscle groups by using the weight of the bar to lift, push and press through the fun, effective and challenging workout.

## Aquacise

Join us in the pool at Michael E. Smith Middle School for a one of a kind workout! This one hour low impact water exercise class combines a variety of programs to promote cardiovascular fitness, improved flexibility & strength training in a low impact environment. Excellent for all fitness levels from beginner to the advanced swimmer. The instructor is Carol Kelliher. Class is held on Tuesday and Thursdays from 7:30-8:30 and is paid monthly. Please visit the Recreation website for exact dates and pricing.

## Pound Fitness

Channel your inner rock star with this full-body cardio jam session, inspired by drumming. Using Ripstix<sup>®</sup>, lightly weighted exercise drumsticks, torch calories and tone while rocking out to your favorite music! Class will be held Tuesday Nights at 7:15pm. Classes will be held in the Town Hall Auditorium.



## Schedule

Classes are held in the South Hadley Town Hall Auditorium unless noted. We reserve the right to cancel any class due to a meeting scheduled in that room. In case of inclement weather please call the cancellation hotline 413-538-5017 x233